



# North Shore Elementary

Esmeralda Perez, Principal  
James Husband, Assistant Principal  
Mrs. Kimberly Wells, Assistant Principal  
14310 Duncannon Dr., Houston, Texas 77015  
Phone 832-386-4660 Fax 832-386-4661

March 19, 2020

Dear Parents/Guardians,

We hope this letter finds you mentally, physically, emotionally, and spiritually sound. In light of the recent school closings, we understand that transitioning learning to the home may seem challenging in the beginning, but can be accomplished. Galena Park ISD is doing all it can to support our families during this difficult time.

Please know that we are a family at North Shore Elementary and are ready to serve you and your child's needs during this critical time. If you or your child is struggling during this time and would like to speak to either one of us, please don't hesitate to contact us. We will get in touch with you through email and through School Status.

**Carmela Garcia**, Counselor, [cgarcia@galenaparkisd.com](mailto:cgarcia@galenaparkisd.com)  
<https://docs.google.com/forms/d/e/1FAIpQLScAVQoBSWRYeTbIvoICbno3bVrR7HH8CT1--SA2IKa19cfuHQ/viewform>

**Melisa Nwoko**, Communities in Schools Coordinator, [mnwoko@galenaparkisd.com](mailto:mnwoko@galenaparkisd.com)

In the coming days we will be providing you with social emotional learning and character education lessons for the kids to practice at home. For this week we have included a list of available resources for selfcare and how to transition learning to the home. Let's take care of our minds and bodies and follow all instructions provided by our local government.

Thank you for your cooperation. We are looking forward to working with you during this challenging time.

Sincerely,

Carmela Garcia & Melisa Nwoko



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19 de marzo de 2020

Estimados Padres de Familia,

Esperamos que cuando reciba esta carta, se encuentren sano mental, física, emocional y espiritualmente bien. A pesar de los recientes cierres de escuelas, entendemos que la transición de la escuela al hogar puede parecer un desafío al principio, pero se puede lograr. Galena Park ISD está haciendo todo lo posible para apoyar a nuestras familias durante estos momentos difíciles.

Tenga en cuenta que somos una familia en la Primaria de North Shore y estamos listos para servirle a ustedes y a sus hijos durante este momento crítico. Si usted o su hija(o) tienen dificultades durante este tiempo y desean hablar durante este proceso, no duden en comunicarse con nosotras. Nos pondremos en contacto con usted por correo electrónico y por la aplicación de School Status.

**Carmela García**, consejera, [cgarcia@galenaparkisd.com](mailto:cgarcia@galenaparkisd.com)  
<https://docs.google.com/forms/d/e/1FAIpQLScAVQoBSWRYeTbIvoICbno3bVrR7HH8CT1--SA2IKa19cfuHQ/viewform>

**Melisa Nwoko**, Coord. de Comunidades en Escuelas, [mnwoko@galenaparkisd.com](mailto:mnwoko@galenaparkisd.com)

En los próximos días, compartiremos lecciones de aprendizaje social y emocional y educación del carácter para que los niños practiquen en casa. Para esta semana, hemos incluido una lista de recursos disponibles para el auto-cuidado y cómo facilitarán la transición de la escuela al hogar. Cuidemos nuestras mentes y cuerpos y seguiremos todas las instrucciones del gobierno local.

Gracias por su cooperación. Esperamos con gusto trabajar con ustedes durante este período difícil.

ATENTAMENTE,

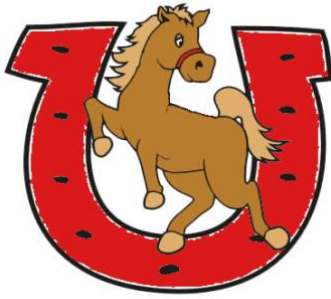
Carmela Garcia y Melisa Nwoko



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Resource(s)/ Recursos	Information/ Información	Access/ Acceso
Center for Disease Control	Learning how to cope with fear, stress, and anxiety will make you, the people you care about, and your community stronger.	Learning how to cope with fear, stress, and anxiety will make you, the people you care about, and your community stronger.
#COVIBOOK	<p>Manuela Molina created this printable short book to support and reassure our children, under the age of 7, regarding the COVID-19.</p> <p>This book is an invitation for families to discuss the full range of emotions arising from the current situation (<i>available in several languages</i>)</p>	<a href="https://www.mindheart.co/descargables">https://www.mindheart.co/descargables</a>
Self-Care in the Moment	<p>Quick Exercises to Help You Maintain Your Self-Care in the Moment</p>	<p><b>Exercise 1:</b></p> <ul style="list-style-type: none"> <li>· Write down <b>one thing</b> you can do in 30 seconds to calm yourself</li> <li>· Write down <b>one thing</b> that makes you laugh</li> <li>· Write down <b>one accomplishment</b> that you're proud of</li> <li>· Write down <b>one person</b> who you can talk to when you're upset</li> <li>· Write down <b>one habit</b> to improve for your well-being</li> </ul> <p><b>Exercise 2:</b></p> <ul style="list-style-type: none"> <li>· <u>What are 5 things you can see?</u></li> <li>· <u>What are 4 things you can feel?</u> (get creative)</li> <li>· <u>What are 3 things you can hear?</u> (listen carefully)</li> <li>· <u>What are 2 things you can smell?</u></li> <li>· <u>What is 1 thing you can taste?</u></li> </ul>
Self-Soothing Activities	<p><u>Self-soothing</u> is a tool we can use to soothe and calm ourselves when we're <u>anxious</u> or distressed.</p> <p>It's a way of comforting, nurturing, and <u>being kind</u> to ourselves.</p>	<ul style="list-style-type: none"> <li>· <a href="#">What Self-Soothing Means and Ways to do it</a></li> <li>· <a href="#">Grounding Activities from Mindful Being</a></li> <li>· <a href="#">Mandalas to Print and Color</a></li> <li>· <a href="#">How to Manage Anxiety and Isolation during Self-Quarantine</a></li> </ul>



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Daily Student Schedule/ Horario para Estudiantes		
7:30 AM	Wake up/ Despierta	All kids shower and brush teeth/ Todos los niños se bañan y se cepillan los dientes.
Curbside Breakfast/ Desayuno: 7:30-9:00AM Sam Houston Elem. or Green Valley Elem.		
9:00-10:00 AM	Morning Walk / Caminar	Family walk with pet or yoga / Caminar con mascota en familia o yoga
10:00- 10:45 AM	Academic Time/ Tiempo Académico (Check with your child's teacher/ Chequen con los maestros de sus hijos)	<b>PICK ONE:</b> Math/ Reading/ Writing/ Science/ Social Studies
Curbside Lunch/ Almuerzo: 10:45 AM- 12:15 PM Sam Houston Elem. or Green Valley Elem.		
11:00-11:45 AM	Academic Time/ Tiempo Académico (Check with your child's teacher/ Chequen con los maestros de sus hijos)	<b>PICK ONE:</b> Math/ Reading/ Writing/ Science/ Social Studies
11:45 AM- 12:30 PM	Specials / Especiales	<b>PICK ONE:</b> Art/ P.E/ Music/ Library/ Computer/ EAFK
12:30- 1:15 PM	Academic Time/ Tiempo Académico (Check with your child's teacher/ Chequen con los maestros de sus hijos)	<b>PICK ONE:</b> Math/ Reading/ Writing/ Science/ Social Studies
1:15- 2:15 PM	Chore time/ Quehaceres	Parent decide/ Padres deciden
2:15- 3:15 PM	Academic Time/ Tiempo Académico (Check with your child's teacher/ Chequen con los maestros de sus hijos)	<b>PICK ONE:</b> Math/ Reading/ Writing/ Science/ Social Studies
3:15- 3:45 PM	Quiet time/ Tiempo quieto	Read a book or puzzles/ Leer libro o rompecabezas
3:45- 4:45 PM	Afternoon fresh air / Tiempo de respiro	Play outside/ Jugar afuera
4:45- 5:45 PM	Family Dinner / Cena en familia	No cell phones / No celulares
5:45- 6:45 PM	TV Time / Tiempo de TV	Movie,video games, tablet or computer / Pelicula, video juegos, tableta o computadora
6:45- 7:15 PM	Family Bonding / Tiempo Familiar	Family discussions / Tiempo para conectar en familia
7:15- 8:00 PM	Bedtime preparation / Preparación antes de dormir	All kids shower and brush teeth / Todos los niños se bañan y se cepillan los dientes.
8:00 PM	Bedtime / Tiempo de Dormir	Kids thank parents and say goodnight.